

NewsWIC

Fond du Lac County Health Department

Spring 2009

Coming August 2009...

New WIC Food Package will only offer Low-fat (1%), or Skim milk to women and children 2 years of age and older. Whole milk will be issued for children who are 1 year old. Whole milk provides fats that are needed for brain development which is important for developing children ages 1 to 2 years.

Calorie and Fat Content in Milk

| <u>Type of Milk</u> | <u>Calories</u> | <u>Fat</u> |
|---------------------|-----------------|------------|
| Whole Milk | 150 | 8g |
| 2% | 120 | 5g |
| 1% | 100 | 2.5g |
| Skim | 90 | 0g |

*If you switched from whole milk to 2% milk you would save 90 calories a day, which adds up to 32,850 calories a year. This equals a **9 pound weight loss** in one year.

*If you switched from whole milk to skim milk you would save 180 calories a day, which equals 65,700 calories a year. This equals a **19 pound weight loss** in only one year!

*Based on a daily intake of 3 cups.

What about Vitamin D Milk?



Facts about Vitamin D

- Vitamin D content is the **same** in all varieties of milk.
- Vitamin D helps your body absorb calcium, which helps create stronger bones.
- We can also get Vitamin D from sunlight, but during the winter our sun exposure is much lower.
- Vitamin D can be found in canned salmon, eggs, fortified milk, fortified orange juice, and fortified cereals.
- It is recommended that everyone have **at least 400 IU of Vitamin D a day**. New studies suggest 1000 IU a day.

The amount of vitamin D in a single cup of milk is equal to:

1 oz. of cooked salmon

or

5 whole eggs

or

2-1/2 cups of fortified cereal

Recommended Milk Intake for Children, Men, and Women

| | |
|-----------|------------|
| 1-8 Years | 2 cups/day |
| ≥9 Years | 3 cups/day |



If milk is not a part of your diet, you should take a daily calcium supplement with Vitamin D.

The New WIC Way!

Changes Starting August 2009

The WIC Program has been around for 35 years, providing nutrition education and supplemental foods for families across the U.S.. Over these past 35 years there have been very little changes in the food pack, BUT change is on the way! Here are some of the changes that will improve your family's health and diet and help prevent obesity.

Changes include:

****Low fat or skim milk will be the standard food package for all women and children over the age of 2. Children 1-2 years of age will receive whole milk.**

****\$6.00-8.00 worth of fruits and vegetables will be offered each month.**

****Whole wheat breads, brown rice, soft corn tortillas and whole wheat tortillas will be provided on most of the food packages.**

****Infants over 6 months of age will receive baby food fruits and vegetables.**

****Cheese will be eliminated from most of the food packages and eggs will be reduced to 1 dozen per month. Also, the amount of infant formula will be decreased for older babies. This will make the WIC food pack healthier and allow funding for the new foods. **Watch for more info at your next WIC visit!****



FDL County Immunization Clinics



March

9 (Mon.) 2:00-5:00, City-County Bldg., FDL
12 (Thurs.) 4:00-6:00, Waupun Hospital
16 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.
23 (Mon.) 4:00-6:00, City-County Bldg., FDL
25 (Wed.) 4:00-6:00, Ripon High School

April

13 (Mon.) 2:00-5:00 City-County Bldg., FDL
27 (Mon.) 4:00-6:00, City-County Bldg., FDL

May

11 (Mon.) 2:00-5:00 City-County Bldg., FDL
14 (Thurs) 4:00-6:00 Waupun Hospital
18 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.
25 (Mon.) 4:00-6:00, City-County Bldg., FDL
27 (Wed.) 4:00-6:00, Ripon High School

June

8 (Mon) 2:00-5:00, City-County Bldg., FDL
22 (Mon.) 4:00-6:00, City-County Bldg., FDL

A shot clinic is held in Fond du Lac **by appointment only** on the **last Wednesday of each month from 8:00 to 11:30 AM**. To make an appointment or if you have any other immunization questions, please call **929-3085**.

Breastfeeding Corner WIC Can Help!



Breastfeeding your baby should be a happy time for both of you! If you find breastfeeding your baby stressful or uncomfortable, it's time to call a lactation specialist. Kathy and Cheryl in our office are both lactation counselors and ready to listen and answer questions. Call us!